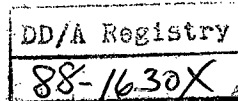


Central Intelligence Agency



Washington, D.C. 20505



29 JUL 1988

Mr. Theodore C. Lambrinides  
3615 Marburg Avenue  
Cincinnati, Ohio 45208

Dear Mr. Lambrinides:

Since the Agency's medical office oversees CIA's Fitness Program, your recent letter was referred to me. I wholeheartedly agree with your views about the organizational value of health and fitness programs. Concern for our employees' health and the conviction that physical fitness is positively related to productivity prompted CIA to institute an extensive fitness program some time ago. The CIA Fitness Program is staffed by professional exercise physiologists and supported by a full range of medical professionals. The program is intensively used and highly regarded by Agency employees.

I do appreciate your interest in CIA.



Gary E. Foster  
Director of Medical Services

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OMS/ExStaff:  (retyped 28 July 88)

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DD/A REGISTRY  
FILE # 45-1

**ROUTING AND TRANSMITTAL SLIP**

Date

8 July 1988

TO: (Name, office symbol, room number, building, Agency/Post)		Initials	Date
1.	DIRECTOR OF MEDICAL SERVICES		11 JUL 1988
2.			
3.			
4.			
5.			

Action	File	Note and Return
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As Requested	For Correction	Prepare Reply
Circulate	For Your Information	See Me
Comment	Investigate	Signature
Coordination	Justify	

**REMARKS**

#1 FOR ACTION - PLEASE PROVIDE APPROPRIATE RESPONSE.

PROVIDE A DROP COPY FOR DDA AND ER.

SUSPENSE: 25 JULY 1988

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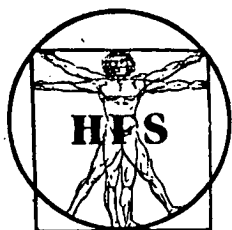
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OPTIONAL FORM 41 (Rev. 7-76)

Prescribed by GSA  
FPMR (41 CFR) 101-11.206

Executive Registry

88-2690X

**HEALTH FITNESS SERVICES**

P.O. Box 19446  
Cincinnati, Ohio 45219  
513/961-3636

July 1, 1988

Mr. William H. Webster  
Central Intelligence Agency  
Washington, DC 20505

Dear Mr. Webster,

The men and women of the CIA serve as a valuable force in ensuring law and order in this country. The time and money which is invested by the CIA to train and develop an agent is significant. As you know, it is of extreme importance to have an agent who is healthy and physically fit. The premature loss of an agent to heart disease is tremendous both in terms of personnel and financial. Low back ailments also contribute to physical woes of agents.

I believe that I could significantly contribute in helping the men and women of the CIA by initiating a health and fitness program for them. The agents need to be set-up on a well rounded physical fitness program and have periodic updates to insure adherence and present status. The agents could utilize me as a continual source of information in helping them achieve a high level of health and fitness. This program could be run on a part-time basis, making it cost-effective.

It is important that the program be run with a high degree of confidentiality. I can conduct such a program. May I suggest you contact Mr. Leonard Farr of the FDA (513-684-3501) as reference with regards to my ability to keep the program confidential.

It is quite possible that you presently have health and fitness programs for your agents in Washington. I would be interested in working with your agents located in the Midwest and would be interested in discussing with you how I may be of service to the CIA. I look forward to your response.

Sincerely,

*Ted Lambrinides*  
Ted Lambrinides

enc: resume

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